

Selected Interventions to Prevent Non-Ventilator Healthcare-Associated Pneumonia

Prevent Colonization

- Provide information about optimal pulmonary state
- Optimize functional reserve capacity
- Strengthen patient's resistance to atelectasis
- Maintain patient's resistance to infection:
 - Perform hand hygiene
 - Institute a routine and oral hygiene regimen
 - Eliminate oral bacterial reservoirs
 - Consult with a dental professional
 - Protect oral epithelial cells and nasal passages by providing moisture and avoiding large-bore nasogastric feeding tubes
 - Avoid unnecessary antibiotics
 - Avoid unnecessary stress ulcer prophylaxis (if necessary, consider a cytoprotective agent)
 - Consider chlorhexidine oral rinse and/or chlorhexidine bath for select patient populations



Prevent Aspiration

- Teach techniques for optimizing cough and airway clearance
- Avoid unnecessary medications that reduce level of consciousness
- Maintain head of bed at 30° or greater unless contraindicated
- Encourage ambulation
- Provide subglottic suctioning
- Consult with speech and/or swallowing professionals when appropriate



Holistic Prevention Strategies

- Administer vaccines and immunizations
- Provide smoking cessation counseling
- Institute environmental infection control measures
- Encourage personal hygiene, including hand hygiene
- Evaluate the patient's risk for aspiration
- Provide dementia screening
- Assess patient's nutritional status
- Encourage routine professional dental care